

# Back it Up

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**Count:** 64

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Judy Rodgers (USA) July 2012

**Music:** Back it Up (Radio Edit) by Caro Emerald; Album: Back it Up; (iTunes)

## 32 count intro

### ROCK, RECOVER, WALK BACK (2), COASTER STEP, HOLD, BALL STEP

- 1-4** Rock R forward, recover L, walk back R, L
- 5&6** Step R back, step L together, step R forward
- 7&8** Hold, step on ball of L together with R, step R forward

### STEP PIVOT $\frac{1}{4}$ , CROSS, TURN $\frac{1}{4}$ , TURN $\frac{1}{4}$ , TURN $\frac{1}{2}$ , SAILOR STEP

- 1-2** Step L forward, pivot  $\frac{1}{4}$  right 3:00
- 3-4** Cross L over R, turn  $\frac{1}{4}$  left step R back 12:00
- 5-6** Turn  $\frac{1}{4}$  left step L to left side, turn  $\frac{1}{2}$  left step R to right side 3:00
- 7&8** Step L behind R, step R to right side, step L to left side

### BALL STEP, HOLD, BALL ROCK, RECOVER (X 2)

- &1-2** Step R beside L, step L to left side, hold
- &3-4** Step R beside L, rock L to left side, recover to R
- &5-6** Step L beside R, step R to right side, hold
- &7-8** Step L beside R, rock R to right side, recover to L

### CROSS, TURN $\frac{1}{4}$ , SHUFFLE TURN $\frac{1}{2}$ , ROCK RECOVER, RUN RUN RUN

- 1-2** Cross right over left, turn  $\frac{1}{4}$  right stepping back on left 6:00
- 3&4** Turn  $\frac{1}{2}$  right shuffle R L R 12:00
- 5-6** Rock L forward, recover to R
- 7&8** Run back L R L

### STEP, DRAG, BALL CROSS, SIDE, CROSS ROCK, SHUFFLE TURN $\frac{1}{4}$

- 1-2** Big step back on R, drag L to R
- &3-4** Step on ball of L beside R, step R across L, step L to side

5-6 Cross rock R across L, recover to L

7&8 Turn  $\frac{1}{4}$  right shuffle R L R 3:00

### **ROCK, RECOVER, SHUFFLE TURN $\frac{1}{2}$ , KICK BALL POINT, BALL POINT, HOLD**

1-2 Rock L forward, recover to R

3&4 Turn  $\frac{1}{2}$  left shuffle L R L 9:00

5&6 Kick R forward, step down on R, point L to left side

&7-8 Step L beside R, point R to right side, hold

**\*\*\* RESTART dance from beginning after 48 counts...3 times - on walls 1, 3, 5 (9:00, 3:00 and 9:00)**

### **STEP PIVOT $\frac{1}{4}$ , CROSS, BACK, BACK, CROSS, BACK BACK**

1-2 Step R forward, pivot  $\frac{1}{4}$  left step on L 6:00

3-5 Cross R over L, step L back, step R back

**6-8 cross L over R, step R back, step L back**

### **CROSS STEP, ROCK, RECOVER, SAILOR TURN $\frac{1}{4}$ , SAILOR TURN $\frac{1}{2}$ , WALK**

1-3 Cross step R over L, rock L to left side, recover to R

4&5 Turn  $\frac{1}{4}$  left sweep L behind R, step R to right side, step L slightly forward 3:00

6&7 Turn  $\frac{1}{2}$  right sweep R behind L, step L to left side, step R slightly forward 9:00

8 Step L forward

### **Repeat**

**\*\*\* RESTART 3 times - walls 1, 3, and 5**

**Ending: Last wall - 7 (facing 6:00), dance counts 1-13....change count 14 to  $\frac{1}{4}$  turn stepping forward to end at front**